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Housekeepers' Chats

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U. S. Department of Agriculture
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Thurs., Jan. 5, 1928

Subject: "Intriguing Ways with Winter Vegetables." Two new recipes today, for Swedish Coffee Bread, and for Scalloped Liver and Potatoes. From Bureau of Home Economics, U. S. D. A.

--ooOoo--

Do you ever wake up with the feeling that something interesting is going to happen, before the day is over? I had such a feeling yesterday morning, and I couldn't get rid of it.

That's wrong with you, I said to myself severely, you know very well you shouldn't be expecting anything interesting, just after the holidays. And you'd better get to work, and plan a good practical program on winter vegetables. That's the title on your schedule, and you'd better stick to it. Well, the more I tried to discipline myself, the more difficult I became to manage. The trouble was, I found, that I was not in the mood, to plan a program on winter vegetables. What should I do, in a case like that?

I got on the crowded street car, still feeling that something interesting was going to happen. And what do you think did happen? I was holding on to a strap, trying to keep my balance, when the car gave a lurch, I fell backward, and landed on someone's lap.

"Dear me!" said the Recipe Lady, for really and truly, it was the Recipe Lady! "Dear me!" said the Recipe Lady, "is this the way you announce yourself, Aunt Sammy?"

"Not always," I said, apologetically, picking up my pocketbook and gloves and a pencil. "Not always. I knew something would happen, but I wasn't quite prepared for this."

"Neither was I," observed the Recipe Lady, smoothing her brown coat, and adjusting her new Christmas scarf. "However," said my friend, "I'm glad to see you, Aunt Sammy. What are you planning to tell your radio audience next?"

"Something about winter vegetables," I said, rather gloomily, I am afraid, for I simply could not get thrilled over any kind of a winter vegetable.

"Just you talk about winter vegetables?" asked the Recipe Lady. "The reason I'm asking, is that I have just tested a most diverting recipe for Swedish Coffee Bread, and I thought maybe -- "

"Oh, please," I said, so emphatically that I almost lost my balance again. "Please let me have the recipe for Swedish Coffee Bread right away. Uncle Ebenezer just dotes on Swedish Coffee Bread, and I have never been able to make it. Where did you get the recipe?"

"Aunt Sammy," said the Recipe Lady, "compose yourself, and hold on to that strap.

I got the original recipe from a young woman, named Thyra, who learned it from her mother, who in turn learned it from her mother, in the Old Country. There are probably as many kinds of Swedish bread as there are of American bread. Each district in Sweden has its favorite kind, so I'm told. So the recipe I have tested is probably representative of only the province from which Thyra's ancestors came, Aunt Sammy."

"That sounds very interesting," I said. "I always did like Swedish cooking--especially the little sugar-covered cakes which have cardamom seeds in them."

"Then you'll like this Coffee Cake," said the Recipe Lady, "for it is flavored with cardamom seeds."

Now take your pencils please, and I'll give you the recipe for Swedish Coffee Bread, which my friend tested last week. There are six ingredients, as follows:

2 cups milk
1/4 cup fat
1 cup sugar
20 cardamom seeds, shelled, and pounded fine
1 yeast cake, and
7-1/2 to 8 cups flour

Six ingredients -- let's repeat them, please; (Repeat)

Scald the milk, in a double boiler. Then take out 1/2 cup of the milk. When it is lukewarm, add the yeast, and stir until dissolved. To the heated milk, in the double boiler, add the sugar, salt, fat, and cardamom seeds. Stir now and then, until cool. Then add the yeast. Stir the liquid ingredients into the flour, and mix well. Knead, for ten or fifteen minutes, until the dough springs back into place when pressed with the fingers. Put the dough into a greased bowl, and grease the top lightly. Cover the dough, and keep it warm until double in bulk. The dough may be divided, if desired, and one half made into a braided loaf, and the ~~sther~~ other half into fancy shaped rolls.

For the Swedish Coffee Braid, cut the dough into three or four long pieces, of uniform size, and roll between the palms of the hands, until smooth and even; then braid. Put in a greased pan, cover, let rise, brush with a yolk of egg, slightly beaten, and diluted with 1/2 tablespoon of cold water. Sprinkle with sugar or ground nuts, and bake in a moderate oven. This bread is especially good toasted, and is excellent served with afternoon coffee or tea.

For the fancy rolls, take small pieces of the dough, roll between the hands, and shape into knots, half moons, or curls. Let rise, brush with egg, sprinkle with ground nuts or sugar, and bake in a moderate oven until golden brown.

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Now, I'll give you a brief rest, while I answer a question. Then I'll broadcast another good recipe, for Scalloped Liver and Potatoes.

This is the question: "Is there any harm in serving sugar on a child's breakfast cereal?"

Except when used for dessert, cereal mushes and ready-to-eat cereals should be served with milk and with very little, if any, sugar. If the cereals are heavily sweetened, children are likely to eat so much that they neglect other much-needed foods. If carefully salted, cereals are more likely to satisfy the taste without sugar than otherwise. For variety, dried fruits, like dates and raisins, may be cooked with cereals to sweeten and give flavor.

Pencils again, now, for the recipe for Scalloped Liver and Potatoes. Seven ingredients:

3 potatoes, sliced thin
1/2 pound liver, sliced
1/2 cup diced salt pork
1/2 teaspoon salt
2 tablespoons flour
1 teaspoon grated onion
1-1/2 cups milk

I'll repeat the seven ingredients for Scalloped Liver and Potatoes: (Repeat)

Cook the diced salt pork until crisp. Place a layer of thinly sliced raw potatoes, in a greased baking dish, and salt and flour lightly. On the potatoes lay some of the slices of liver, and part of the crisped salt pork. Add more potatoes, and continue until all ingredients are used. The top layer should be of potatoes. Put the onion into the milk and then pour this over the contents of the baking dish. Cover and cook for 1 hour, or until the potatoes are tender. At the last, remove the cover and allow the potatoes to brown on top.

